

Continuing Education Self-Reflection Activity

Instructions: At any time during this educational activity, it is important to reflect on the content and how it relates to your own professional practice. Consider these questions before, during and after completion of the course. You need not share this form with others or turn it in to receive your CEU credit. Instead, the purpose of the activity is to foster your own learning and professional engagement through participation and reflection.

1. Why did you choose this course?
2. What needs did this course address for you and your practice?
3. How does the information provided in this course relate to your practice?
4. How will the information presented in this course impact your professional practice behaviors?